2001 California Dietary Practices Survey

Table 5: Healthy Eating Practices Score, Trends 1991-2001

| Total | | Mean Healthy Eating Practices Score | | | | | | Percent Change | | | | |
|---|------------------------------|-------------------------------------|-----------------------|------------------------|-----------------------|-------------------------|----------------------|----------------|------|-------|-------|-------|
| Total | | | | | | | | | | | | 1999- |
| Sex Males 3.0 3.1 3.1 3.0 2.9 2.7 0.1 NC -0.1 -0 | | | | | | | | | | | | 01 |
| Males 3.0 3.1 3.1 3.0 2.9 2.7 0.1 NC -0.1 -0.2 -0.1 -0.2 -0.2 -0.2 -0.2 -0.2 -0.2 <td></td> <td>3.1</td> <td>3.1</td> <td>3.1</td> <td>3.0</td> <td>3.0</td> <td>2.7</td> <td>NC</td> <td>NC</td> <td>-0.1</td> <td>NC</td> <td>-0.3</td> | | 3.1 | 3.1 | 3.1 | 3.0 | 3.0 | 2.7 | NC | NC | -0.1 | NC | -0.3 |
| Females | Sex | | | | | | | | | | | |
| Males 18 - 24 3.1 3.0° *** 3.2° *** 3.2° *** 3.2° *** 3.1° *** 2.9° *** 2.8° *** 2.7° 2.8° *** NC 0.1 ** 0.1 | Males | 3.0 | 3.1 | 3.1 | 3.0 | 2.9 | 2.7 | 0.1 | NC | -0.1 | | -0.2 |
| 18 - 24 | Females | 3.1 | 3.2 | 3.2 | 3.1 | 3.0 | 2.7 | 0.1 | NC | -0.1 | -0.1 | -0.3 |
| 25 - 34 35 - 50 30 | Males | | | | | | | | | | | |
| 35 - 50 | 18 - 24 | 3.1 | 3.0 ^a ** | * 3.2 ^{ab} ** | 3.1 ^a | 2.9 ^{ab} * | | -0.1 | 0.2 | -0.1 | -0.2 | -0.4 |
| 35 - 50 | 25 - 34 | 2.8 | 2.8 ^a | 2.9 ^a | 2.8 ^a | 2.7 ^a | 2.8 ^{ab} | NC | 0.1 | -0.1 | -0.1 | 0.1 |
| Second College Graduate Second College G | 35 - 50 | 3.0 | 3.0 ^a | 2.8 ^a | 2.9 ^a | 3.0 ^{ab} | | NC | -0.2 | 0.1 | 0.1 | -0.4 |
| Second College Graduate Second College G | 51 - 64 | 3.0 | 3.0 ^a | 3.2 ^{ab} | 2.9 ^a | 2.7 ^a | 2.6 ^{ab} | NC | 0.2 | -0.3 | -0.2 | -0.1 |
| 18 - 24 | 65+ | 3.4 | | 3.6 ^b | 3.3 ^b | | 3.2 ^b | 0.4 | -0.2 | -0.3 | 0.1 | -0.2 |
| 25 - 34 3.1 a | Females | | | | | | | | | | | |
| 25 - 34 3.1 a | 18 - 24 | 2.6ª ** | * 2.9 ^a ** | 2.6ª ** | * 3.1 ^a | ** 2.7 ^a * | 2.4 ^a * | 0.3 | -0.3 | 0.5 | -0.4 | -0.3 |
| 35 - 50 51 - 64 65 + 3.1 ab 3.1 ab 3.2 ab 3.3 ab 3.1 ab 3.2 ab 3.3 ab 3.1 ab 3.2 ab 3.3 ab 3.4 ab 3.4 ab 3.5 ab 3.5 ab 3.5 ab 3.6 ab 3.6 ab 3.7 ab 3.6 ab 3.7 ab 3.7 ab 3.8 ab 3. | 25 - 34 | 3.1ª | 3.2 ^{ab} | 3.0 ^{ab} | 2.9 ^a | 3.0 ^{ab} | 2.7 ^{ab} | 0.1 | -0.2 | -0.1 | 0.1 | -0.3 |
| 51 - 64 3.1ab 2.9a 3.1b 3.0a 3.1ab 2.6ab -0.2 0.2 -0.1 0.1 -0.2 0.2 -0.1 0.1 -0.2 0.2 -0.1 0.1 -0.2 0.2 -0.1 0.1 -0.2 0.2 -0.1 0.1 -0.2 -0.2 -0.2 -0.1 0.1 -0.2 -0.2 -0.1 0.1 -0.2 -0.2 -0.2 -0.1 0.1 -0.2 -0.2 -0.2 -0.1 0.1 -0.2 -0.2 -0.2 -0.1 -0.1 -0.1 -0.1 -0.1 -0.1 -0.1 -0.1 -0.1 -0.1 -0.2 -0.2 -0.3 -0.1 -0.2 -0.2 -0.3 -0.1 -0.2 -0.2 -0.3 -0.1 -0.2 -0.2 -0.2 -0.3 -0.1 -0.2 -0. | 35 - 50 | | 3.2 ^{ab} | 3.3 ^b | | 2.9 ^{ab} | 2.7 ^{ab} | 0.2 | 0.1 | -0.2 | -0.2 | -0.2 |
| Ethnicity White Hispanic Black Asian/Pacific Islander 2.9 ^{ab} 3.1 ^b 3.6 ^b 3.9 ^c 3.5 ^b 3.1 ^b 3.0 ^b -0.1 0.3 -0.4 -0.2 -0.0 | 51 - 64 | 3.1 ^{ab} | | 3.1 ^{ab} | | | | -0.2 | 0.2 | -0.1 | 0.1 | -0.5 |
| White Hispanic Black Asian/Pacific Islander 3.2 ^b 2.9 ^b 2.7 ^a 3.3 ^b 3.1 ^c 2.8 ^a 3.2 ^b 3.1 ^c 2.8 ^a 3.1 ^b 3.1 ^b 2.1 ^a 2.1 ^a 3.1 ^b 2.7 ^b 2.1 ^a 2.1 ^a 2.1 ^a 3.1 ^b 2.7 ^b 2.0 ^a 2.1 ^a 2.1 ^a 3.1 ^b 2.1 ^a 2.1 ^a | 65+ | | | 3.9 ^c | | 3.3 ^b | | -0.1 | 0.3 | -0.4 | -0.2 | -0.3 |
| Hispanic Black Asian/Pacific Islander 2.9 ^{bc} 2.8 ^a 3.1 ^c 2.5 ^a 2.2 ^a 2.1 ^a 2.1 ^a 2.3 ^a 2.3 ^a 2.4 ^{abc} 0.1 -0.3 -0.3 -0.1 0. 2.9 ^{ab} **** 3.1 ^a **** 3.5 ^c **** 3.0 ^{ab} 2.8 ^a 2.7 ^a 2.6 ^a 0.1 0.2 0.4* -0.5* -0.2 -0. High school graduate 2.7 ^a 2.8 ^a 3.0 ^{ab} 3 | Ethnicity | | | | | | | | | | | |
| Hispanic Black Asian/Pacific Islander 2.9 ^{bc} 2.8 ^a 3.1 ^c 2.5 ^a 2.2 ^a 2.1 ^a 2.1 ^a 2.3 ^a 2.3 ^a 2.4 ^{abc} 0.1 -0.3 -0.3 -0.1 0. 2.9 ^{ab} **** 3.1 ^a **** 3.5 ^c **** 3.0 ^{ab} 2.8 ^a 2.8 ^a 2.7 ^a 2.6 ^a 0.1 0.2 0.4 -0.5* -0.2 -0. High school graduate 2.7 ^a 2.8 ^a 3.0 ^{ab} 3.0 ^{ab} 3.0 ^{ab} 3.0 ^{ab} 3.0 ^{ab} 2.6 ^a 0.1 0.2 -0.2 -0.1 -0. Some college 3.1 ^{bc} 3.0 ^a 3.0 ^a 3.0 ^a 3.0 ^{ab} 3.0 ^{ab} 3.0 ^{ab} 3.0 ^{ab} 3.0 ^{ab} 3.0 ^b 3.0 ^{ab} 3.0 ^a | White | 3.2 ^c ** | 3.3 ^{bc} ** | * 3.2 ^{bc} ** | * 3.1 ^{bc} * | ** 3.1 ^b *** | 2.8 ^c *** | 0.1 | -0.1 | -0.1 | NC | -0.3 |
| Black Asian/Pacific Islander 2.7a | Hispanic | 2.9 ^{bc} | 3.1 ^c | 3.4 ^c | 3.3 ^c | 3.1 ^b | 2.7 ^{bc} | 0.2 | 0.3 | -0.1 | -0.2 | -0.4 |
| Asian/Pacific Islander 2.1a | Black | 2.7 ^a | | 2.5 ^a | | 2.1 ^a | 2.3 ^a | 0.1 | -0.3 | -0.3 | -0.1 | 0.2 |
| Less than high school 2.9ab **** 3.1a **** 3.5c **** 2.8a **** 2.6a **** 0.2 0.4** -0.5** -0.2 -0.1 -0.2 -0.1 0.2 0.4** -0.5** -0.2 -0.1 -0.2 -0.1 0.2 0.2 -0.1 NC NC NC NC NC -0.1 NC NC -0.1 NC NC -0.1 NC NC NC -0.1 NC NC NC -0.1 -0.2 -0.2 0.2 -0.3* 0.1 -0.1 -0.2 -0.2 0.2 -0.3* 0.1 -0.2 -0.2 NC | Asian/Pacific Islander | | <u> </u> | <u> </u> | | 2.1 ^a | | | | | | 0.3 |
| High school graduate Some college College graduate 2.7a 3.1bc 3.0a 3.0a 3.0a 3.0a 3.0a 3.0a 3.0a 3.0a | Education | | | | | | | | | | | |
| High school graduate Some college College graduate 2.7a 3.1bc 3.0a 3.0a 3.0a 3.0a 3.0a 3.0a 3.0a 3.0a | Less than high school | 2.9 ^{ab} ** | * 3.1 ^a ** | * 3.5° ** | 3.0 ^{ab} * | ** 2.8 ^a *** | 2.6 ^a *** | 0.2 | 0.4* | -0.5* | -0.2 | -0.2 |
| Some college College graduate | High school graduate | | 2.8 ^a | 3.0 ^{ab} | 2.8 ^a | 2.7 ^a | 2.6 ^a | 0.1 | 0.2 | -0.2 | -0.1 | -0.1 |
| Income Less than \$15,000 3.1 2.9 3.1 2.8a ** 2.9ab ** 2.5 -0.2 0.2 -0.3* 0.1 -0.5 | Some college | | 3.0 ^a | | | | | -0.1 | NC | NC | NC | -0.4 |
| Less than \$15,000 | College graduate | 3.4 ^c | 3.4 ^b | 3.3 ^{bc} | 3.3 ^b | 3.2 ^b | 3.0 ^b | NC | -0.1 | NC | -0.1 | -0.2 |
| \$15,000 - 24,999 | Income | | | | | | | | | | | |
| \$25,000 - 34,999 | Less than \$15,000 | 3.1 | 2.9 | 3.1 | 2.8 ^a | ** 2.9 ^{ab} ** | 2.5 | -0.2 | 0.2 | -0.3* | 0.1 | -0.2 |
| \$35,000 - 49,999 \$50,000+ 3.0 3.2 3.2 3.0 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.0 3.1 3.1 3.0 3.1 3.1 3.0 3.1 3.1 3.1 3.1 3.1 3.1 3.1 3.1 3.1 3.1 | \$15,000 - 24,999 | 3.0 | 3.1 | 3.2 | 3.1 ^a | 2.7 ^a | 2.8 | 0.1 | 0.1 | -0.1 | -0.4* | -0.3 |
| \$50,000+ 3.2 3.3 3.1 3.0a 3.2b 2.8 0.1 -0.2 -0.1 0.2 No. 2 | \$25,000 - 34,999 | 3.0 | 3.0 | 3.0 | 3.3 ^b | 2.9 ^{ab} | 2.8 | NC | NC | 0.3 | -0.4* | -0.1 |
| \$50,000+ 3.2 3.3 3.1 3.0a 3.2b 2.8 0.1 -0.2 -0.1 0.2 No. 2 | \$35,000 - 49,999 | 3.0 | 3.2 | 3.2 | 3.0 ^a | 3.1 ^{ab} | 2.7 | 0.2 | NC | -0.2 | 0.1 | 0.1 |
| Did not meet recommendations Met recommendations Overweight Status | \$50,000+ | 3.2 | 3.3 | 3.1 | | 3.2 ^b | 2.8 | 0.1 | -0.2 | -0.1 | 0.2 | NC |
| Met recommendations Overweight Status | Physically Active | | | | | | | | | | | |
| Overweight Status | Did not meet recommendations | 1 | | | | | 2.5 *** | | | | | |
| | Met recommendations | | | | | | 2.9 | | | | | |
| Overweight/Obese 2.7 | Overweight Status | | | | | | | | | | | |
| · | Overweight/Obese | | | | | | 2.7 | | | | | |
| Not overweight 2.7 | Not overweight | | | | | | 2.7 | | | | | |

¹ The score reflects the average of healthy eating behaviors practiced on the previous day. The score was calculated based upon one point each for: having fruit and a vegetable; eating 5 or more servings of fruits and vegetables; having any milk, yogurt or cheese; having any 1% or fat free milk or yogurt; having whole grain breads/ corn tortillas; having any high fiber cereal; and having any beans. The maximum points was seven.

A box around a group of numbers signifies that differences observed within this group are statistically significant (ANOVA). Categories sharing a common superscript (a, b, c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

^{*} p<.05

^{**} p<.01

^{***} p<.001